Leaving a Legacy

Many individuals are choosing to leave a permanent legacy for the charity of their choice. If the Somerville Council on Aging has made an impact on your life or the life of a loved one, please consider remembering the Somerville Council on Aging in your long-term estate planning. Individuals have different needs and abilities to give, so it's suggested you contact your financial advisor about planned giving that would include the Somerville COA. Thank you.



Somerville Council on Aging



167 Holland Street, Somerville, MA 02144 617-625-6600, ext. 2300

Multicultural Day a Success!

On Thursday, December 3rd, an enthusiastic group of guests gathered at the

Cross Street Center in East Somerville. They were able to globe-trot without leaving Somerville! Many thanks go to volunteer exhibitors Emily Bhargava, local artist from

Connection Lab, Van Hardy, Zahra Raini, SomerViva, Alzheimers

Association, East Somerville Main Streets, Cambridge Health Alliance, and Aida Corredor. Daniel Shugrue started the event off with music, playing a variety of classical acoustic guitar selections. The participants in the Cross Street English

> Conversation program also wrote about their life and experiences and published them in a booklet that each person received as a keepsake. All of these individuals and groups helped

those in attendance learn more about cultures and customs around the world.

The large and diverse menu featured home-cooked food, as well as donations from Café Ola and Vinny's. One popular item on the menu was Brazilian acaraje, a dish unique to the Bahia region of Brazil—expertly prepared and served by Cross Street regular Luiza Miranda. All day long, Sandy Francis proved why he is a star volunteer! Big hugs to to Danny McLaughlin,

Sergio Estany, and the Teen Empowerment kids who helped with set up and serving. We always have a great time when we collaborate with them! If you are interested in learning more about activities like this one, be sure to contact Janine Lotti at (617) 6215-6600, ext. 2335.







Message from the Mayor

Contacts & Information

Happy New Year to one and all!

I have to say that the "Year in Review" issue of this newsletter has always been one of my favorites. It's such a great reminder to all about the amount and variety of programming the COA does every day throughout the year.

It was great to see many of my older friends participating in so many different events--- including wellness, cultural, educational, travel, and social programming! It's easy to see why Somerville's older adults stay so busy.

No doubt it was a terrific year. Just a glance inside this newsletter and I can tell that the programs will keep on coming and the energy and enthusiasm will continue to grow well into 2016 and beyond.

As always, I wish you health and happiness throughout the year.



EXECUTIVE DIRECTOR

Cindy L. Hickey

STAFF

Connie Lorenti • Administrative Assistant

Suzanne Norton • LICSW, Social Worker Natasha Naim • LCSW, Social Worker

Janine Lotti • Senior Project Manager
Chris Kowaleski • Health and Wellness Coordinator
Maureen Bastardi • Outreach Coordinator

Josephine Raczkowski • Administrative Assistant

Kim Moss • Ralph and Jenny Director

Judy Calvey • Holland Street Director

Brianna Walsh • Social Work Intern

BOARD

Suzanne Rinfret • Chair Roseanne Bent • Vice Chair Cheryl Horan • Liason to the Director Louis Favreau

Eddie Abate

Marie Linscott

Rose Earle

Linda Cohen

CROSS STREET CENTER

165 Broadway • 617-625-6600, ext. 2335 Tuesday and Thursday 9 a.m.—1:30 p.m.

Wednesday 9 a.m.-3 p.m.

HOLLAND STREET CENTER

167 Holland Street • 617-625-6600, ext. 2300 Monday - Friday 9 a.m.-3 p.m.

RALPH & JENNY CENTER

9 New Washington Street ■ 617-666-5223 Monday-Thursday 9 a.m.-3 p.m.



LGBT Events and Calendar



The Somerville Council on Aging's LGBTQ Advisory Group is excited to start the New Year.

The LGBTQ Advisory Group has been in existence since 2012 and acts as a channel to increase communication, information, educate, trust and understanding between the Somerville Council on Aging and the LGBTQ elder community.

"The older LGBTQ community has their own set of unique challenges and needs" said, Maureen Bastardi, Liaison to the Advisory Group, "and we are excited to start a New Year with new happenings and events."

In addition to Maureen, several members of the community volunteer their time to be on the Board. Long standing members Joe Beckmann and Maria Tramontozzi are joined by Jane Roman, former Alderman Courtney O'Keefe (the first openly gay Alderman in the City) and, most recently, Lt. Michael Mulcahy from the Somerville Police Department. Lt. Mulcahy is the first openly gay member of the department and will serve as a valuable asset to the Advisory Group. Somerville's Council on Aging, Director, Cindy Hickey and the LGBTQ Community Liaison for the City of Somerville, Andra Oshinsky round out the Group.

The Advisory Group meets the second Monday of each month at 4:30 p.m. in the conference room located at 167 Holland Street. "We are always

looking for people to serve on the Advisory Group" said Maureen Bastardi, "especially in the gay community.," she continues. "Right now, the women definitely out number the men."

Most recently, the group hosted a very successful Holiday Celebration. Over 30 people met at Johnny D's in Davis Square for a wine & cheese tasting and to celebrate the Holiday season. In addition to fun events like the Holiday Celebration the group hopes to change things up a bit in 2016 and offer different events/activities. Bastardi



is working on tallying the results of a survey that was circulated and completed by members of the LGBTQ community.

"I can't wait!" said Maureen. "It's going to be a great year. "

*If you require additional information please contact Maureen Bastardi at 617-625-6600, ext. 2316 or email her at MBastardi@Somervillema.gov

22 Happy New Book Club (H) All Centers 9:30 De-Cluttering after Lunch (H) Lunch (H) Lunch (H) Closed FRIDAY Bingo (H) Bingo (H) Bingo (H) Year! the holidays (H) 10:00 11:30 12:45 12:45 11:30 12:45 11:30 21 11:00 Computer tutorial with Barbara 11:00 Computer tutorial with Barbara 10:00 Blood Pressure Screening (H) THURSDAY 10:00 English Conversation (C) 10:00 English Conversation (C) 10:00 English Conversation (C) 10:00 Knitting for Babies (RJ) 10:00 Knitting for Babies (RJ) 10:00 Knitting for Babies (RJ) 10:00 Current Events (H) (by appointment only) (H) (by appointment only) (H) 10:00 Current Events (H) 10:00 Current Events (H) 11:30 Lunch (H, RJ, C) 11:30 Lunch (H, RJ, C) 12:45 Bingo (RJ, H) 12:45 Bingo (H, RJ) 10:00 Cards (RJ) 10:00 Cards (RJ) 10:00 Cards (RJ) WEDNESDAY 10:00 English Conversation (C) 10:00 English Conversation (C) 10:00 English Conversation (C) 1:00 Bowling at Flatbreads 1:00 Bowling at Flatbreads 1:00 Drop-in Creativity (C) 1:00 Bowling at Flatbreads 5:00 Supper & Bingo at 11:30 Lunch (RJ, C) 11:30 Lunch (RJ, C) 11:30 Lunch (RJ, C) 12:45 Bingo (RJ) 12:45 Bingo (RJ) 12:45 Bingo (RJ) 10:00 English Conversation (C) 10:00 English Conversation (C) 12:00 Computer tutorial with Nor-12:00 Computer tutorial with Norbert (by appointment only) TUESDAY Norbert (by appointment only) (H) 10:00 Knitting for Babies (RJ) 10:00 Knitting for Babies (RJ) 12:00 Computer tutorial with 10:00 English Conversation (C) bert (by appointment only) (H) 10:00 Knitting for Babies (RJ) 10:30 Men's Group (H) Atlantic City 12:30 Ask a Lawyer (H) 11:30 Lunch (RJ, C) 11:30 Lunch (RJ, C) 10:30 Low Vision (H) 11:30 Lunch (RJ, C) 10:00 Cards (RJ) 12:45 Bingo (RJ) 10:00 Cards (RJ) 10:00 Cards (RJ) 12:45 Bingo (RJ) Ralph & Jenny Center Closed All Centers 10:00 Activity & Movie (RJ) 9:30 Monthly Breakfast MONDAY 10:30 Moonlighters (H) 10:30 Moonlighters (H) 10:00 Painting / Stress Management (H) 4:30 LGBT Advisory Group (H) Atlantic City Martin Closed T -- 41- -- T

Jr. Holiday	6:00 Caregivers Support (H)		11:30 Lunch (H, RJ, C) 12:45 Bingo (H, RJ)			
9:30 Veteran's Group (H) 10:00 Activity & Movie (RJ) 10:30 Moonlighters (H) Holiday Inn Dance 11:00 to 2:00	25 26 26 27 28 26 26 27 29 28 26 29:30 Veteran's Group (H) 10:00 Housing 101 (H) 10:00 Activity & Movie 10:00 English Conversation (C) (C) 10:00 Knitting for Babies (RJ) 11:30 10:00 Cards (RJ) 11:30 10:00 Cards (RJ) 11:30 11:30 11:30 Lunch (RJ, C) 11:30 11:30 Lunch (RJ, C) 11:30 12:45 Bingo (RJ) 13:45 Bingo (RJ	27 10:00 English Conversation (C) 11:30 Lunch (RJ, C) 12:45 Bingo (RJ) 1:00 Bowling at Flatbreads 1:00 Drop-in Creativity (C)	10:00 English Conversation (C) 11:30 Lunch (RJ, C) 12:45 Bingo (RJ) 10:00 Current Events (H) 10:00 Cards (RJ) 10:00 Cards (RJ) 11:00 Computer tutorial with Barbara (by appointment only) (H) 11:30 Lunch (H, RJ, C) 12:45 Bingo (H, RJ)	11:30 12:45	Lunch (H) Bingo (H)	59

11:00 Computer tutorial with Barbara

(by appointment only) (H)

Holland Street

12:45 Bingo (RJ)

Lutter Ming,

To sign up for Council on Aging events or classes, Please call (617) 625-6600, ext. 2300. Somerville residents shall receive registration priority on all trips. Non-residents may request to be placed on a waiting list and if openings participants are not considered enrolled in a class or event list until deposit payment in full is rendered. exist on a trip, non-residents may be able to register. Proof of residency may be required. In all cases,

WEEKLY EXERCISE AND NUTRITION CLASS SCHEDULE _________________________________

Monday: *Fit-4-Life Group C - 1:00 p.m. - (H)

Tuesday: Strengthening - 9:15 a.m. - \$3 per class (H) / *Fit-4-Life - 11:15 a.m. (Cross Street) / Dalcroze Eurhythmics - 1:00 p.m. - \$2/class (H)*** / *LBT Fit-4-Life, 6:00 p.m (H)

Wednesdays: *Fit-4-Life - Group A - 8:45 a.m. / Group B (nutrition) - 9 a.m./ Group B (exercise) - 10:00 a.m. (H) / Group A (nutrition) 10:00 a.m. / Group C (nutrition) - noon (H) / Group C (exercise) - 1:00 p.m. (H) / Zumba 4 All - 5:15 p.m. - \$3/class (H)

<u>Thursdays:</u> Yoga - 9:00 a.m. - (H)**** / Strengthening - 9:30 a.m. - \$3 per class (RJ) / *Fit-4-Life, 11:15 a.m. (Cross Street) / *LBT Fit-4-Life, 6:00 p.m. (H)

Fridays: *Fit-4-Life - Group A - 8:45 a.m. - (H); *Fit-4-Life - Group B - 10:00 a.m. (H)

*All Fit-4-Life classes are \$10 per month and require pre-registration / ** Walking & Talking Group is on hiatus until springtime. / *** Dalcroze Eurhythmics is on hiatus until January 2016 / *** Yoga is a 5 week series / One on one nutrition is on hiatus until further notice

KEY TO ABBREVIATIONS

2015

Staying Well with Exercise









Emergency Preparedness



GHLIGHTS

LGBTQ and GSA Luncheon



Mural Mosaics





Trips!







Gardening
with our
Friends
from
Teen
Empowerment

Spotlight on . . .



Natasha Naim

The Council on Aging strives to provide you with quality services every day. This would not be possible without the ever-positive disposition of our social worker, Natasha Naim. Not only is she responsible for running the monthly *Caregivers Group* and hosting *Housing 101* sessions, but also she facilitates the weekly Current Events group. In

addition to helping and serving people in those groups, she assists people every day with questions about insurance, housing, benefits, and services.

Normally, the COA has two social workers on staff. During Suzanne Norton's maternity leave, Natasha has handled this staffing shortage with poise and grace. She has managed to provide the same level of service people expect, often without anyone else knowing how busy she is or how many "balls in the air" she has at one time. She comes to work smiling and ready for challenges. She always has something positive to say.

If you haven't met Natasha, we encourage you to take the time to say "hello" and "thank you" because she is one very hard-working, dedicated social worker who makes it possible for the COA to help and serve so many of Somerville's older adults. Thank you, Natasha.

Somerville Council on Aging Somerville Community Service Center 167 Holland St. Somerville, MA 02144 617-625-6600 ext. 2300